

## Fried Eels with Yellow Leeks Recipe

**Ingredients:** Serves 4

250g boned small eels  
80g yellow leek  
1 cup bean sprouts  
2 teaspoons chopped garlic  
1 teaspoon chopped scallion  
1 tablespoon shredded ginger  
¼ cup coriander sections

**Seasonings A:**

1 tablespoon soy sauce  
a pinch of pepper  
1 teaspoon cornstarch

**Seasonings B:**

½ tablespoon wine  
½ tablespoon soy sauce  
¼ teaspoon salt  
¼ teaspoon sugar  
½ teaspoon brown vinegar  
a pinch of pepper  
a pinch of cornstarch

**Method:**

Cut eel to two strings, blanch for 5 seconds, drain. Rinse with cold water, cut into 4cm long, marinate with seasonings A for 20 minutes. Trim yellow leek, cut into sections. Blanch bean sprouts, drain. Heat 1 cup of oil to 180°C, run eel through oil, drain. Heat 1 tablespoon of oil to stir-fry chopped garlic and scallion, add eel, bean sprouts, and seasonings B. Stir-fry over high heat until evenly mixed. Add yellow leek, mix evenly and turn off the heat right away. Remove to a plate, put shredded ginger and coriander on the side. Serve hot.

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